

IT PUTS THE "PEP"

Into Peptiron—The Combination of Peptin, Nux, Iron, Celery.

This is what makes Peptiron of wonderful therapeutic value, and so successful after influenza, the grip and in blood and nerve troubles, anemia, paleness, nervous weakness and the exhausting worry and anxiety over the world war. It is a real iron blood and nerve tonic, especially beneficial in the weakness following the influenza and grip, to worn-out, brain-fagged men, delicate women, school-tired girls and to fast-growing boys, invalids and convalescents, the aged and infirm. It actually puts iron, a natural strengthener, into the blood, and restores the wasted red corpuscles. Your druggist knows its great merit.—Adv.

HIGHER WAGES MEAN IMPROVED HEALTH

According to Arthur E. Holder, Member of Federal Board for Vocational Education, in Address to American Public Health Association.

Chicago, Dec. 9.—Good wages generally mean good health, according to Arthur E. Holder, member of the federal board for vocational education. The higher the wages the better would be the health of the employes and the greater his output, he told the American Public Health association to-day in an address in which he advocated an eight-hour day and increased wages.

Mr. Holder proposed that the federal health agencies be concentrated into one department with a secretary at its head and that the secretary should be a member of the president's cabinet.

Panics, said Mr. Holder, were brought about more by inequitable distribution of wealth than by any other cause. He quoted statistics to show that in 1850 the wage earner obtained 23 1/2 cents of every dollar's worth of value he created but that in 1910 he got only 16 1/2 cents. He added:

"Formerly when the laborer got 23 cents in wages for each dollar of his product, panics occurred about once in twenty years, as witness 1837, 1857, 1877. Since real wages shrunk to 16 cents on the dollar, panics roll around more frequently as the record shows—1884, 1894, 1907, 1914.

"Nothing influences our individual health more than severe changes in our economic life. During busy periods workers are literally rushed to death. During panicky periods, the workers and employers spend a large part of their energy fretting their lives away."

"Since the union cigarmakers adopted the eight-hour day in 1886, from twelve to fifteen years have been added to the average life of the cigarmakers," he added. "Similar experiences have been recorded by other organized wage earners. The workers realize that health is their capital. To keep health or improve health means increased power to produce."

The speaker then gave a labor program for health and safety which included the following provisions:

"Continued agitation for a shorter work day to a maximum of eight hours for all manual toilers; demand for a higher minimum wage for all labor; release from work at least one full day in seven; elimination of the sweat-shop system; enforcement of rigid child labor laws; abolition of night work by women and minors; equal pay for equal work regardless of sex."

To Cure a Cold in One Day

Take LAXATIVE BROMO QUININE (Tablets). It stops the cough and headache and works off the cold. E. W. GROVE'S signature on each box. 30c.—adv.

SINGING TO SOLDIERS.

Margaret Wilson Will Sing While Awaiting Her Father's Arrival.

Paris, Dec. 6 (Friday).—Miss Margaret W. Wilson, daughter of President Wilson, arrived at S. Nazaire yesterday and sang before 3,500 American soldiers who will sail for home in a few days. Miss Wilson will sing at different cities along the seaboard while awaiting the arrival of President Wilson.

A recuperative diet in influenza. Horlick's Malted Milk, very digestible.—adv.

MRS. EMMA BRITT

Tells How Vinol Creates Strength for Tired, Nervous Housekeepers.

Texarkana, Tex.—"I keep house and I was weak, run-down and nervous, back ached a good deal of the time, so it was hard to take care of my chickens and do my work. My nervousness has gone, so I can do my work as well as ever.—Mrs. Emma Britt.

There is no secret about Vinol.—It owes its success in such cases, to beef and cod liver peptones, iron and manganese peptones and glycerophosphates, the oldest and most famous body building and strength creating tonics. We recommend Vinol.

Red Cross Pharmacy, and druggists everywhere.

P. S.—Stop scratching, our Saxol Salve stops itching. We guarantee it.—Adv.

SALT RHEUM ON BABY'S FACE

And Leg, Scratched Terribly, Could Not Sleep. In Four Weeks Cuticura Healed.

"My baby had salt rheum ever since she was two months old. It broke out on her face first, then on her leg. It broke out like a rash and the skin would be sore and dreadfully inflamed. She scratched terribly and could not sleep. She was very fretful and restless. It was on her leg for nearly a year. I then sent for a free sample of Cuticura. I bought more, and in about three or four weeks she was healed." (Signed) Mrs. William Curtis, R. F. D. 2, Holland, Mass., July 3, 1917.

For every purpose of the toilet Cuticura Soap and Ointment are supreme. Sample Each Free by Mail. Address postcard "Cuticura, Dept. H, Boston." Sold everywhere. Soap 5c, Ointment 25c and 50c.

25 VERMONTERS IN TWO BIG LISTS

Two of the Men Were Killed in Action and One Died of Wounds

ALL THE OTHERS WERE WOUNDED

To-day's List Carried 3,046 Names and Sunday's Had a Total of 3,815

Washington, D. C., Dec. 9.—To-day's casualty list contained 3,046 names, divided as follows: Killed in action, 336; died of wounds, 97; died of accident or other cause, 20; died from airplane accident, 3; died of disease, 79; wounded (degree undetermined), 1,139; wounded severely, 831; wounded slightly, 165; missing in action, 378.

The Vermont and New Hampshire men included were as follows:

Killed in Action.

Corp. Odilon Gagne, Berlin, N. H. Pvt. Ezra Dupuis, Oakland, N. H. Pvt. Leon C. Cushman, E. Hardwick, Vt.

Died of Wounds.

Pvt. Julian Grodzki, Manchester, N. H.

Died of Disease.

Capt. Wilkie I. Elliott, Nashua, N. H. Pvt. William A. Fenelson, Franklin, N. H.

Wounded Severely.

Lt. Hugh J. Kinsman, Rochester, Vt. Sgt. Edmund Violet, Berlin, N. H. Corp. Alfred H. Sloane, Berlin, N. H. Pvt. Roger J. Gorman, Manchester, N. H. Pvt. William S. Hapgood, N. Stratford, N. H.

Pvt. Arthur Courteau, Hooksett, N. H. Pvt. Austin Magoon, Greensboro Bend, Vt.

Pvt. Seymour B. Heath, Lyme, N. H. Pvt. Aleck Leckevich, Claremont, N. H.

Wounded (Degree Undetermined).

Sgt. Jay W. Winters, Fitzwilliam, N. H. Corp. John N. Lovejoy, Jr., Concord, N. H. Corp. Patrick F. Mahoney, Manchester, N. H.

Pvt. Edward M. Carlin, Keene, N. H. Pvt. Hale E. Conley, N. Duxbury, Vt. Pvt. Arthur Audette, Winooski, Vt. Pvt. William H. Ford, Montpelier, Vt. Pvt. Wilford Gonyo, Newport, N. H. Pvt. George E. Reid, Berlin, N. H. Pvt. Frank Wheeler, Lowell, Vt.

Missing in Action.

Pvt. Natalie Mininetti, Concord, N. H.

Sunday's list contained 3,815 names, divided as follows: Killed in action, 414; died of wounds, 182; died of accident or other cause, 7; died from airplane accident, 3; died of disease, 262; wounded severely, 2,076; wounded (degree undetermined), 121; wounded slightly, 660; missing in action, 287; prisoners, 3.

The Vermont and New Hampshire men included were as follows:

Killed in Action.

Pvt. Charles H. Ayer, Claremont, N. H. Pvt. William J. Fredette, W. Rutland, Vt. Pvt. Joe Sanell, Concord, N. H.

Died of Wounds.

Corp. Timothy Dickinson, Lisbon, N. H. Pvt. Dean W. Prime, Bristol, Vt.

Died of Accident or Other Cause.

Wagoner William H. P. Clark, Nashua, N. H. Pvt. Ernest C. Tucker, W. Pawlet, Vt. Pvt. Isaac E. Springer, N. Hartland, Vt. Pvt. Fred Wilson, Salem Depot, N. H.

Wounded Severely.

Lt. William T. Teachout, Essex Junction, Vt. Sgt. George D. Ladd, St. Johnsbury, Vt. Corp. Herbert L. Livingstone, Meredith, N. H.

Pvt. Robert H. Cleaves, Peterboro, N. H. Pvt. Elmer E. Brown, Montpelier, Vt. Pvt. John Battaro, Barre, Vt. Pvt. Walter Schmalfuss, Manchester, N. H. Pvt. Frank J. Kriescher, Burlington, Vt. Pvt. Stanley Zera, Denver, Vt. (F) Pvt. Allen Yett, Burlington, Vt. Pvt. Kenneth C. Nourse, Rutland, Vt. Pvt. James DeBona, Northfield, Vt. Pvt. Fred L. Priest, Waterford, Vt.

Wounded (Degree Undetermined).

Corp. Alfred L. Gilbo, Keene, N. H. Pvt. Michael E. S. McDermott, Manchester, N. H. Pvt. Ernest Bernard, Nashua, N. H. Pvt. Dennis Millett, Winooski, Vt.

Wounded Slightly.

Cook Merrill M. Cutler, Woodford, Vt. Mech. Robert R. Bull, Newport, Vt. Pvt. William G. Murtagh, Montpelier, Vt. Pvt. Charles A. Giles, Nashua, N. H. Pvt. Zenon Lamirande, Manchester, N. H.

Ernest Tucker.

Ernest Tucker of Burlington, who died of disease, is a brother of Miss Ina R. Tucker. He enlisted in Company M, 1st Vermont regiment, Dec. 13, 1917, and his record does not show a transfer.

Frank Kriescher.

Frank Kriescher of Burlington is a son of Mrs. Katherine Kriescher of that city. He enlisted in June, 1917, in Company M, 1st Vermont, and was transferred to the 103d infantry and was wounded July 20.

William T. Teachout.

William T. Teachout of Essex Junction went into service in June this year, probably going overseas in the 76th division, which was a replacement division. He was wounded.

Allen Yett.

Allen Yett of Burlington went to Camp Devens this summer and was assigned to the 19th company of the 5th battalion, depot brigade. He was wounded in France.

Dennis Millette.

Dennis Millette of Colchester went into service as a result of Capt. E. W. Gibson's drive last February. He was assigned to Camp Green to Company H, 59th infantry, and went overseas last spring and was wounded late in the fall.

Carl Hovey.

Carl Hovey enlisted through the Gibson drive but was assigned to Company E, 58th infantry, and went overseas in July. He was reported missing but is now reported wounded.

Merrill M. Cutler.

Merrill M. Cutler of Woodford was a selective service man who went to Camp Devens from Bennington in October, 1917, and was assigned to battery C, 302d field artillery, with which he went overseas early this spring. He is reported wounded.

Frank Wheeler.

Frank Wheeler, who is mentioned in the casualty list Sunday, is a stepson of

YOU NEED STRENGTH TO MEET THE TRYING WEATHER OF WINTER

Especially If You Have Had Grip or Influenza You Require This Tonic for the Blood and Nerves to Increase Your Resistance to Disease

Why is it that one person can work all day standing in cold water, slush and snow with no harmful effect, while another with less exposure contracts colds, pneumonia, rheumatism, sciatica or something equally distressing and dangerous? Because in the first case the body was in such perfect balance that there was "resistance" to disease. In the second there was thin blood and a lack of tone that invited ill health.

Do not let your blood get thin this winter. For people who have a tendency toward anemia, or bloodlessness, winter is a trying season. Lack of exercise and fresh air, the more restricted diet, many things combine to lower the tone of the body and deplete the blood.

As soon as you notice the tired feeling, lack of appetite and shortness of breath that are warning symptoms of thin blood, take a short treatment with Dr. Williams' Pink Pills. Do not wait until the color has entirely left your cheeks, until your lips are white, your eyes dull and your ears like mother of pearl. It is so much easier to correct thinning of the blood in the earlier stages than later.

Brunswick Man Benefited.

Mr. Henry K. Day of Portland road, Brunswick, Me., tells how he built up his blood and restored himself to health. "My blood was thin," he says, "and I kept losing my vitality. I lost weight and was frequently obliged to leave my work. My color was bad, I had no ambition for work. I had bilious attacks and cold chills up and down my spine. My stomach was affected and I was greatly constipated. I was nervous also and did not rest well at night."

"I read of so many people who were receiving such wonderful benefit from Dr. Williams' Pink Pills that I decided to try them. While taking the second box I could see that they were helping me. And I took eight boxes altogether. I had taken a great deal of medicine before, but Dr. Williams' Pink Pills suited my case and did me more good than all the medicine I ever took, and I can back up this statement, for I haven't been so well in a long time as I am now. I also took Pinklets, the little laxative pills, and recommend them."

Dr. Williams' Pink Pills build up the blood and strengthen the nerves. In this way the general health is improved, the appetite increases, the digestion is strengthened and new ambition and energy is developed. Work becomes easier because it does not cause exhaustion.

Nashua Man Gained Strength.

The danger from grip is seldom over when the characteristic symptoms, the fever, the catarrh, the headache and the depression of spirits pass away. The grip leaves behind it weakened vital powers, thin blood, impaired digestion and oversensitive nerves—a condition that makes the system an easy prey to pneumonia, bronchitis, rheumatism, nervous prostration and even consumption. Too much stress cannot be laid on the importance of strengthening the blood and nerves during convalescence.

Mr. B. W. Phelps of No. 36 Amherst street, Nashua, N. H., had an attack of the grip that left his blood depleted. He says:

"My back ached continually, a dull, steady pain. When I would get up suddenly, the pain would be like a knife cutting me. My stomach troubled me and I had bilious attacks and headaches. I

could not sleep and my food didn't hurt me. Nor do I have that bloated feeling after eating. I can eat three good meals a day, something I hadn't done in a long time until I took Dr. Williams' Pink Pills."

What a Pawtucket Woman Says.

Overwork and worry are the cause of most of the troubles that afflict the women of America than almost anything else. Women who worry are generally thin, debilitated and nervous. They need a tonic to build up their strength as was the case of Mrs. Mary Shepard, of No. 77 Arch street, Pawtucket, R. I.

"About ten months ago I was in a run-down condition due to overwork and

worry," says Mrs. Shepard. "I was all tired out and my strength was gone. I was so nervous that I would get excited at the least thing and I nearly broke down. My blood was thin and I had no color."

"I read about Dr. Williams' Pink Pills and finally tried them. After taking one box I could see they were helping me. The pain in the back left and I gained in strength. I kept on and the pills made me stronger in every way. Now I keep Dr. Williams' Pink Pills to use as a tonic and they always give good results. I am glad to recommend them to others."

A Tonic for the Nerves.

Every woman's health is peculiarly dependent upon the condition of her blood. How many women suffer from headache, pain in the back, poor appetite, weak digestion, a constant feeling of weariness, palpitation of the heart, shortness of breath, pallor and nervousness? If you have any of these symptoms do not despair of getting better but begin now, to-day, to build up your blood with Dr. Williams' Pink Pills. See how the nervous energy of the body is restored as the blood becomes pure and red and the entire system is strengthened to meet every demand upon it.

"I had not been well since last winter," says Mrs. Patrick S. O'Connell, of No. 93 Park street, Barre, Vt. "I was in a general run-down condition and my blood was thin. I had dizzy spells so I could hardly stand at times. I was weak and nervous and my breath was short after the least exertion. It was difficult for me to go up stairs."

"About six weeks ago I began taking Dr. Williams' Pink Pills and commenced to feel stronger after I had taken the first box. I continued the treatment and now I am completely restored to my former strength and Dr. Williams' Pink Pills have done it. I cheerfully recommend them to any one suffering as I did for I know they will be benefited."

From a Massachusetts Man.

People with strong constitutions escape many minor ills that make life miserable for others. Don't you envy the friend who does not know what a headache is, whose digestion is perfect and sleep undisturbed?

Mr. Archie E. Loomis, of No. 5 Loomis street, North Adams, Mass., suffered from a nervous form of stomach trouble for years until he tried the tonic treatment. He says:

"My nerves were very bad and the least little thing would bother and worry me. For a long time I could eat only one meal a day. I had sour stomach and when anything would excite me my heart would throb and flutter. My food distressed me and after eating I had a miserable bloated feeling."

"About nine weeks ago I tried Dr. Williams' Pink Pills and soon felt an improvement. I didn't feel so nervous. I have taken seven boxes and my nerves do not bother me at all. I can sleep good and feel rested. My appetite couldn't be better and my food doesn't hurt me. Nor do I have that bloated feeling after eating. I can eat three good meals a day, something I hadn't done in a long time until I took Dr. Williams' Pink Pills."

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